PHYSICAL EXERCISES

BY

D. STRACHAN MATTHEWS

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PHYSICAL EXERCISES.

BASED ON LING'S SYSTEM.

BY

H. STRACHAN MATTHEWS,

SUPERINTENDENT OF PHYSICAL EDUCATION TO THE LONDON SCHOOL BOARD.

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PREFACE.

At a time when Rational Physical Education is beginning to command somewhat more of that attention and consideration which is its due, but which has been so long denied to it, the issue of a handy little book of instruction and tables of lessons such as are contained in this, for the guidance of Teachers of the Swedish System of Free Exercises, is most opportune, and cannot fail to be of material assistance to those whose duty it is to conduct the Physical Education of the young, or indeed of adults.

The general directions while comprehensive, are at the same time concise, and the explanatory notes are clear and to the point; and the Lesson Tables which are fairly exhaustive appear to me to be admirably arranged in regular and proper sequence and well calculated to ensure in the pupils an improved sense of definite and exact movement, together with the full and harmonious development of the mind and body.

Mrs. STRACHAN MATTHEWS is I think to be congratulated upon her production, which evinces a thorough and practical mastery of her subject, and she gives others the benefit of her knowledge in a clear and simple fashion.

GEO. M. ONSLOW, *Colonel*,

Late Asst. Adjt. General for Gymnasia,

November, 1890.



ORDER OF MOVEMENTS.

1. Leg Movements.
2. Arch Flexions.
3. Arm Movements.
4. Heaving and Balance Movements.
5. Shoulder Blade Exercises.
6. Lateral Trunk Movements.
7. Abdominal Exercises.
8. Leaping.
9. Marching and running.
10. Respiratory Exercises.

NOTE.—If space and time permit, it is best to take a little marching in the middle of the lesson.

NOTE.

The following Tables have been prepared for the use of Teachers who are receiving, or have received, a course of instruction in Swedish Drill.

The last two Tables are given as specimens of exercises suitable for advanced pupils, and must not be attempted until the previous movements have been well practised.

One lesson of half an hour's duration should be given at least once a week, and also a few suitable exercises between lessons.

In the preparation of these Tables I have had the hearty co-operation of my Assistant, Miss Hewitt.

H. S. M.

GENERAL DIRECTIONS.

1. WORDS OF COMMAND:—

Every command consists of two parts—the words of attention and the command proper, *e.g.*, To the right—**TURN!** All commands must be given in a clear, distinct voice, loud enough to be heard by every member of the class. The words of attention should be given deliberately, while the word of command is pronounced, in most cases, quickly and forcibly.

When the movement is a slow one, however, as in trunk bendings, the command must be given slowly, to suit the action.

A short pause should be made between the words of attention and the command proper, in order that the pupils may be prepared for the movement.

2. FORMATION IN FILES OR RANKS:—

Command—"**FALL IN!**"

When the pupils stand behind each other they form files; when abreast, they form ranks.

(*a*) **FILES**:—The two smallest pupils take the lead and stand shoulder to shoulder, while the others arrange themselves behind according to height.

When in files the pupils generally turn to number off, and so form ranks, but it is not necessary for them to do so, as they can call their number, and simply turn the head over the left shoulder while doing so.

(*b*) **RANKS**:—The leaders stand behind one another and the other pupils fall in to the right arranging themselves, as in files, according to height.

3. **TO TAKE DISTANCE**:—

(*a*) **FILES**:—Command—"Distance forward—take!" The hands are brought quickly forward, palms facing, thumbs down, and finger-tips touching the shoulders of the pupil in front. On the command "Backward—**MARCH**!" the pupils take short steps backward (beginning with the left foot) until all arms are straight.

Command:—Attention—**HALT**! One, Two! On Two! the step is marked and the hands brought smartly to sides.

(*b*) **RANKS**:—Command—"Single distance to the left—**TAKE**!" The leaders will be on the right of

Teacher. On the word "**TAKE**" all left arms are raised until the finger-tips touch the shoulder of the next pupil, and the whole class, with the exception of the leaders, moves to the right with short quick steps until the raised arms are fully extended, the head being turned to the left that the pupils may see the line is straight.

On the command—**POSITION**! the arms are dropped promptly to sides and the eyes turned to the front.

4. **TURNINGS**:—

Command:—"To the right—**TURN**!" The right heel is used as a pivot, the left heel being raised, so that the turning is performed on the right heel and left tiptoe on "**ONE**!" and the left foot brought to position on "**TWO**!" When turning to the left, the left heel is used as a pivot.

Command:—"Right-about (or left-about)—**TURN**!" Swing round half a circle to the right (or left).

5. **NUMBERING**:—

Command:—"In twos—**NUMBER**!" The leader in the front rank will call "One!" the next pupil "Two!" and so on all along the line—the pupils of the rear rank taking the same number as their partners in front.

6. POSITION :—

The body must be upright, the shoulders square to the front and head erect, the heels together and toes turned out to a right-angle.

7. REPOSE :—

The left foot is advanced a short step, the left knee slightly bent, and the shoulders easy.

This command must be occasionally given during a lesson—especially after a difficult exercise—always to be followed by "**POSITION** !"

8. TO FORM ONE FILE :—

Command :—"Form one file—**MARCH** !" The right hand file take a step to the rear with the left foot on "One !" a side step with the right foot on "Two !" and bring the left foot to position on "Three !"

Command :—"Form two files—**MARCH** !" Take a step to the left with the left foot on "One !" bring the right foot beside the partner on "Two !" and the left foot to position on "Three !"

MARCHING.

—:o:—

Command :—Class, forward—**MARCH !**

Every pupil immediately steps out, swinging forward the left foot with a decided step, the toes being pointed to the ground, the instep braced, and the ball of the foot and the heel being brought to the ground simultaneously. The head should be erect, the chest expanded, the shoulders level and easy, and the body steady.

To prevent the shoulders from swinging, the arms should be allowed to oscillate, in rhythm with the marching, by a slight movement of the fore-arm.

The rate of marching should ordinarily be about one hundred and sixteen steps per minute, but in the slow march only seventy-five paces are taken in a minute.

MARKING TIME :—

Command :—Mark—**TIME !** The left foot is thrown slightly forward (the toe pointed as in marching) and is followed by the right foot—the knee being well stretched at each step.

HALTING :—

Command :—Attention—**HALT !** One ! Two !

RUNNING :—

Command :—Forward—**RUN !** The arms are doubled, hands closed easily, and head well erect, while the running is performed on the toes. To halt, command Attention—**HALT !** One ! Two ! Three ! Four ! On "Four" the step is marked and the hands brought to position.

MARCHES.

—:o:—

1. Simple March. Forward—**MARCH!** Attention—**HALT!** One! Two!
2. Tiptoe March! Attention—**CHANGE!**

3. March with arm stretching upward and downward, marking the fourth step:—Forward—**MARCH!** Attention—**CHANGE!**
4. With long steps—**MARCH!**
5. With short steps—**MARCH!**
6. Left (or right) about—**MARCH!**

7. Company March from "twos" to "eights"—Forward—**MARCH!**
8. Counter-March outward (or inward)—Forward—**MARCH!**
9. March with arm bending and flinging, marking the third step—Forward—**MARCH!**
10. Form double circle—**MARCH!**
 Inner circle right (or left) about—**MARCH!** Forward—**RUN!** Attention—**CHANGE!** Inner circle left (or right) about—**FACE!**
11. Form one line—**MARCH!**
 Form maze—Forward—**RUN!** Attention—**HALT!** One! Two! Three! Four!
12. Cross March—Forward—**MARCH!**
13. Angle step—left foot—**BEGIN!** Attention—**CHANGE!**

14. Heel and toe March, left foot—**BEGIN!** Attention—**CHANGE!**

15. With high knee—bending, forward—**MARCH!**
16. With stretched instep, forward—**MARCH!**

NOTES.

—:o:—

1. The second step is marked in halting and the feet brought to "position."
2. On "Change!" the step is marked and the simple march resumed.
3. Arm stretching to be taken only five or six times.

6. "Left-about" is commanded when the right foot is to the front, and "right-about" when the left foot is to the front.
7. Two wheel off to the left, the next two wheeling to the right, and so on, and come up the centre in "fours."

9. The arms are bent on "One," and flung outward on "Three!"
10. After the run, when the inner circle right-about face, the outer circle mark time on the spot until joined by partners.

13. This march is performed very lightly on tiptoes. The left foot is placed forward on "One," the right foot brought towards the left heel on "Two," and the left foot again moved forward on "Three." The same order follows with the right foot. The shoulders must be kept steady, and not allowed to sway from side to side.
14. The order of movement is Heel (to the front), Toe (to the rear), One, Two, Three (the one, two, three, of the angle step).
15. The knee to be bent upward until it forms a straight line with the thigh.

LEAPING.

—:o:—

1. On the spot—**LEAP** !

2. Turning to the right (or left), on the spot—**LEAP** !

3. Thrusting out arms, on the spot—**LEAP** !

4. Double leap, with turning to right (or left), on the spot—**LEAP** !

5. A pace forward—**LEAP** !

6. To the right (or left)—**LEAP** !

7. Cross leap counting to five—**LEAP**

8. With one (two, or three,) step start, forward—**LEAP** !

9. With three steps running start, forward—**LEAP** !

NOTES.

—:o:—

1. This free leap is taken counting to six—for instance—On "One," raise heels, on "Two," bend knees outward, on "Three, Four" (given quickly) leap, and rest again on tiptoes with knees outward as in "Two," on "Five" stretch the knees, on "Six" heels sink.

2. Turn while leaping—on "Three, Four!"

3. On "Three" raise arms to level of shoulder, on "Four" let them sink again to sides.

4. Counting to eight.

5. Leap forward on "Three, Four."

6. Leap sideways on "Three, Four."

7. On "One" put the left foot across in front of the right, on "Two, Three" throw out the right foot to the right, and bring up the left foot, springing a pace to the right, on "Four" stretch knees, on "Five," heels sink.

8. Start first with the left foot, and afterwards with the right.

9. Leap counting to seven, springing on "Four—Five."

DESK DRILL.

—:o:—

1. Standing position—**ONE ! TWO !**

2. A step to the right (or left). **MARCH !**

3. Files—**COVER !**

4. In Twos—**NUMBER !**

5. Ones (or Twos) mount the seats—**MARCH !**

AFTER THE LESSON.

1. A step to the left (or right)—**MARCH !**

2. Ones (or Twos) off the seats—**MARCH !** One ! Two !

3. Sitting position—**ONE ! TWO !**

NOTES.

—:o:—

1. On "One!" the feet to be quickly placed on the floor, on "Two!" stand in a good position with arms close to sides and toes turned out.

2. Take the step either quietly on tiptoes, or marking the second step. Now half the class is standing in the passages between the desks, and the other half in the middle of the desk.

3. Look to the top of the head in front and stand in straight files.

4. The pupils in the front row will number, those in the rear taking the same numbers.

5. On the word "March" the pupils standing in desks turn to the left, place the left foot on the seat, and hands on the desks to assist in mounting. On "Two" they stand in position on the seat, with faces to the front.

2. On "March!" the left foot is placed on the ground (the faces being to the right), and hands on the desks as in mounting. On "Two" stand on the floor, in position.

3. On "One" sit, on "Two" place feet on the footboard.

TABLE I.

—:o:—

1. Hips—**FIRM!** **POSITION!** Repeat **ONE! TWO!**

2. Arms upward—**BEND!** Downward—**STRETCH!** Repeat **ONE! TWO!**

3. Hips—**FIRM!** Feet—**CLOSE!** Feet—**OPEN! POSITION!**

4. Hips—**FIRM!** Head to the left—**TURN!** Head forward—**TURN!** Head to the right—**TURN!** Head forward—**TURN!** **POSITION!**

5. One step forward—**MARCH!** One step backward—**MARCH!**

6. Arms upward—**STRETCH!** **TWO!** Arms downward—**STRETCH!**

NOTES.

—:o:—

1. Hands pressed firmly on the hips; fingers in front thumbs behind.

2. Finger-tips on shoulders; elbows close to sides; chest expanded.

3. Heels fixed; tiptoes slightly raised while executing movement.

4. Head turnings should be performed carefully and without jerks.

5. Second step marked.



Fig. 1.

6. A "stretching" implies a previous "bending." Therefore the arms are flexed at the elbow on "One," and stretched in a given direction on "Two." In the following Tables these numbers will be omitted. All arm-stretchings to be done smartly but not too quickly.

TABLE II.

—:o:—

1. Hips--**FIRM!** Left foot sideways--**PLACE!** Foot back in position—**PLACE!** Right foot sideways--**PLACE!** Foot in position--**PLACE!** **POSITION!**

2. Arms upward--**BEND!** Head forward—**BEND!** Head upward -- **RAISE!** Head backward -- **BEND!** Head upward—**RAISE!** Repeat to "four." **POSITION!**

3. Arms sideways--**STRETCH!** Arms downwards—**STRETCH!** Repeat to "four."

4. Hips--**FIRM!** Heels--**RAISE!** Heels--**SINK!** **POSITION!**

5. Neck--**REST!** Hips—**FIRM!** **POSITION!** Repeat to "three."

6. Hips--**FIRM!** Trunk forward--**BEND!** Trunk upward--**RAISE!** Trunk backward--**BEND!** Trunk upward--**RAISE!** **POSITION!**

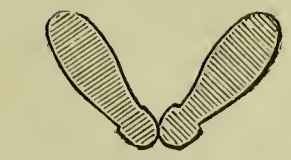
7. Simple marching.

8. Arms forward and upward--**RAISE!** Arms outward and downward—**SINK!** Repeat to "two."

NOTES.

—:o:—

1. See Figure II. (*e*)



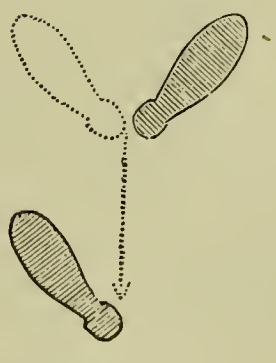
(a)



(b)

3. Palms of hands turned downward.

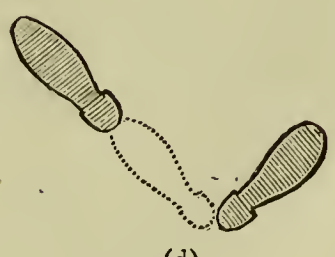
4 Heels to sink gently.



(c)

5. In "neck rest," care must be taken that the elbows are well back and head erect.

6. See Figures III. and IV.



(d)



(e)

8. Arms to be raised stiffly. Hands to be turned before sinking.



(f)

TABLE III.

—:o:—

1. Hips **FIRM!** Tiptoe raising, left foot—**BEGIN!** Attention—**HALT!** One! Two! **POSITION!**

2. Feet close and hips **FIRM!** Trunk forward—**BEND!** Trunk upward—**RAISE!** Head backward—**BEND!** Head upward—**RAISE!** **POSITION!**

3. Arms forward—**STRETCH!** Arms downward—**STRETCH!** Repeat to "four."

4. Hips **FIRM!** Feet sideways—**PLACE!** Heels—**RAISE!** Heels—**SINK!** Feet in position—**PLACE!** **POSITION!**

5. Arms forward and upward—**SWING!** Arms forward and backward—**SWING!** Repeat to "two."

6. Hips **FIRM!** Trunk to the left—**BEND!** Trunk upward—**RAISE!** Trunk to the right—**BEND!** Trunk upward—**RAISE!** **POSITION!**

7. Arms upward—**BEND!** Trunk to the left—**TURN!** Trunk forward—**TURN!** Trunk to the right—**TURN!** Trunk forward—**TURN!** **POSITION!**

8. Marching.

9. Arms outward and upward—**RAISE!** Arms outward and downward—**SINK!** Repeat to "two."

NOTES.

—:o:—

1. Heels fixed ; body steady.

2. See Note **1** in Table I. and Fig. III.



Fig. 3.

3. Hands in a straight line from shoulder ; palms facing.

4. Body erect and balance even. Second step only to be marked.

5. In arm swingings the arms should be kept quite stiff and straight throughout, and head well back.

6. In side bendings and trunk turnings the chin must be kept in a straight line with the centre of the body.

7. Feet fixed. See Note **6.**

TABLE IV.

—:o:—

1. Hips—**FIRM!** Feet sideways—**PLACE!** Feet in position—**PLACE! POSITION!**

2. Arms upward—**BEND!** Trunk backward—**BEND!** Trunk upward—**RAISE!** Hips—**FIRM!** Trunk forward—**BEND!** Trunk upward—**RAISE!** Head turning to four! **POSITION!**

3. Arms forward—**STRETCH!**
 Arms upward—**STRETCH!**
 Arms downward—**STRETCH!**
 Repeat to six.

4. Feet close and hips—**FIRM!** Heels—**RAISE!** Heels—**SINK! POSITION!**

5. Arms forward—**BEND!** Arms—**FLING!** Repeat to two. Position!

6. Right arm neck rest, left arm hip—**FIRM!** Trunk to the left—**BEND!** Trunk upward—**RAISE!** Hands–**CHANGE!** Trunk to the right–**BEND!** Trunk upward—**RAISE! POSITION!**

7. Feet close and hips—**FIRM!** Trunk to the left—**TURN!** Trunk forward—**TURN!** Trunk to the right—**TURN!** Trunk forward—**TURN! POSITION!**

8. Marching and running.

9. Slow arm raising to four.

NOTES.

—:o:—

1. See Figure II. (*f*)

2. See Figures III. and IV.



Fig. 4.

3. See Figure I.

4. Body kept erect.

5. Palms of hands to face the ground; shoulders well back and elbows in a line with shoulders.

6. See Figure V.

7. See Note 7, Table III.

9. Turn hands at level of shoulder.

TABLE V.

—:o:—

1. Hips—**FIRM**! Left foot forward—**PLACE**! Foot back in position—**PLACE**! Right foot forward—**PLACE**! Foot back in position—**PLACE**! **POSITION**!
2. Arms forward—**BEND**! Trunk backward—**BEND**! Trunk upward—**RAISE**! Hips—**FIRM**! Trunk forward—**BEND**! Head turning to **4**. Trunk upward—**RAISE**! **POSITION**!
3. Arm stretching upward and outward counting to six—**STRETCH**!
4. Hips—**FIRM**! Heels—**RAISE**! Knees outward—**BEND**! Knees—**STRETCH**! Heels—**SINK**! **POSITION**!
5. Arms forward and upward—**SWING**! Forward and outward—**SWING**! Position! Repeat! **ONE**! **TWO**! **THREE**!
6. Neck—**REST**! Trunk to the left—**BEND**! Trunk upward—**RAISE**! Trunk to the right—**BEND**! Trunk upward—**RAISE**! **POSITION**!
7. Hips firm and feet sideways—**PLACE**! Trunk to the left—**TURN**! Trunk forward—**TURN**! Trunk to the right—**TURN**! Trunk forward—**TURN**! **POSITION**!
8. Hips—**FIRM**! Preparation for leap—**BEGIN**! **POSITION**!
9. Marching.
10. Arms outward and upward—**RAISE**!. Arms outward and downward—**SINK**! Repeat to **3**.

NOTES.

—:o:—

1. For foot placing, see Fig. II. (*c*)



Fig. 5.

2. See Figures III. IV.

3. Arm stretchings must be vigorous, but not hurried. See Fig I.

4. Heels together; body to be kept erect.

6. Elbows well back. See Table III., Note 6.



Fig. 6.

7. See Fig VI., and Table III., Note 6.

8. Movement "four," taken in quick time.

10. Hands turn on "three" at level of shoulder.

TABLE VI.

—:o:—

1. Hips firm and left foot forward—**PLACE!** Feet—**CHANGE!** Hands and feet in position—**PLACE!**

2. Hips firm and feet sideways—**PLACE!** Trunk forward—**BEND!** Trunk upward—**RAISE!** Trunk backward—**BEND!** Trunk upward—**RAISE!** Hands and feet in position—**PLACE!**

3. Arm stretching upward, outward, forward, and downward to eight—**STRETCH!**

4. Neck—**REST!** Heels—**RAISE!** Heels—**SINK! POSITION!**

5. Feet close and arms forward—**BEND!** Feet open and arms—**FLING! POSITION!** Repeat to three.

6. Feet close and hips—**FIRM!** Trunk to the left—**BEND!** Trunk upward—**RAISE!** Trunk to the right—**BEND!** Trunk upward—**RAISE! POSITION!**

7. Knee-standing position—**PLACE!** Hips—**FIRM!** Trunk backward—**BEND!** Trunk upward—**RAISE!** Standing position—**PLACE!**

8. Hips—**FIRM!** On the spot—**LEAP! POSITION!**

9. Marching.

10. Double arm raising to eight.

NOTES.

—:o:—

1. See Figure II. (*c*)

2 In foot placing sideways only the second step is marked, and hands brought to hips at same time.

3. See Figure I.



Fig. 7.

5. See Figure VII.

7. Sink gently first on left knee ; body not to sway to the side. When kneeling, heels together and toes turned out.

10. Not too slowly.

TABLE VII.

—:o:—

1. Hips—**FIRM**! Left foot outward—**PLACE**! Feet—**CHANGE**! **POSITION**!
2. Neck—**REST**! Trunk backward—**BEND**! Trunk upward—**RAISE**! Hips—**FIRM**! Trunk forward—**BEND**! Head turning to "three." Trunk upward—**RAISE**! **POSITION**!
3. An arm stretching backward, forward, outward, and downward, counting to eight.—**STRETCH**!
4. Hips—**FIRM**! Left foot backward-outward with tiptoe support—**PLACE**! Feet—**CHANGE**! **POSITION**!
5. Arms forward—**BEND**! Arms fling and left foot forward—**PLACE**! Arms and feet—**CHANGE**! **POSITION**!
6. Hips firm and left foot forward—**PLACE**! Trunk to the left—**BEND**! Trunk upward—**RAISE**! Feet—**CHANGE**! Trunk to the right—**BEND**! Trunk upward—**RAISE**! **POSITION**!
7. Arms upward bend and feet sideways—**PLACE**! Trunk to the left—**TURN**! Trunk forward—**TURN**! Trunk to the right—**TURN**! Trunk forward—**TURN**! **POSITION**!
8. Hips—**FIRM**! On the spot, turning to the left,—**LEAP**! Turning to the right — **LEAP**! **POSITION**!
9. Marching!
10. Heels raise and arms outward—**RAISE**! Heels sink and arms downward—**SINK**! Repeat slowly four times.

NOTES.

—:o:—

1. See Fig. II. (*d*)

2. Shoulders kept square to the front during head turning.



Fig. 8.

3. See Fig. I.

4. Back knee stretched stiffly and heel of foot turned inward. Shoulders not turned.

5. Arms to be quite stiff and hands in a straight line from shoulder.

6. See Table III., Note 6.

8. See notes on Leaping.

10. Arms raised to height of shoulder.

TABLE VIII.

—:o:—

1. Arms upward stretch and feet sideways—**PLACE!** Arms and feet in position—**PLACE!**

2. Hips firm and left foot forward—**PLACE!** Trunk backward—**BEND!** Trunk upward—**RAISE!** Trunk forward—**BEND!** Trunk upward—**RAISE!** Feet—**CHANGE!** Repeat movement.

3. Right arm upward, left arm downward—**STRETCH!** Arms—**CHANGE!** Arms downward—**STRETCH!**

4. Hips—**FIRM!** Heels—**RAISE!** Knees outward—**BEND!** Head turning to four. Knees—**STRETCH!** Heels—**SINK!** **POSITION!**

5. Right arm upward, left arm downward—**STRETCH!** Arm swinging One! Two! Arms downward—**STRETCH!**

6. Neck rest and feet—**CLOSE!** Trunk to the left—**BEND!** Trunk upward—**RAISE!** Trunk to the right—**BEND!** Trunk upward—**RAISE!** **POSITION!**

7. Knee standing position—**PLACE!** Arms upward—**STRETCH!** Trunk backward—**BEND!** Trunk upward—**RAISE!** Hips—**FIRM!** Standing position—**PLACE!**

8. Hips—**FIRM!** Turning half a circle to the left—**LEAP!** Turning half a circle to the right—**LEAP!** **POSITION!**

9. Marching.

10. Heels raise and arms forward and upward—**RAISE!** Heels sink and arms outward and downward—**SINK!** Repeat to two.

NOTES.

—:o:—

1. See Figures I. and II. (*f*)

2. Knees to be kept stiff throughout the movement.

3. See Table V., Note 3.

4. See Table V., Note 4.
Also Figure VIII.

5. See Table III., Note 5.



Fig. 9.

7. See Figure IX.

10. Hands turn before sinking.

TABLE IX.

—:o:—

1. Hips—**FIRM!** Foot placing forward and sideways counting to four; left foot—**BEGIN!** Repeat with right foot. **POSITION!**
2. Arms upward stretch and feet sideways—**PLACE!** Trunk forward—**BEND!** Downward—**BEND!** Trunk forward and upward—**RAISE!** Hips—**FIRM!** Trunk backward—**BEND!** Trunk upward—**RAISE! POSITION!**
3. Right arm upward, left arm outward—**STRETCH!** Arms—**CHANGE!** Arms downward—**STRETCH!**
4. Heels raise and hips—**FIRM!** Knees outward—**BEND!** Neck—**REST!** Hips—**FIRM!** Knees—**STRETCH! POSITION!**
5. Arm stretching backward combined with arm bending and flinging counting to six—**STRETCH!**
6. Neck—**REST!** Left foot forward—**PLACE!** Trunk to the left—**BEND!** Trunk upward—**RAISE!** Feet—**CHANGE!** Repeat movement to the right.
7. Arms forward bend and feet—**CLOSE!** Trunk to the left—**TURN!** Trunk forward and to the right—**TURN!** Trunk forward—**TURN! POSITION!**
8. Hips—**FIRM!** Forward—**LEAP!** Position!
9. Marching and running.
10. Slow arm raising with heel raising to four.

NOTES.

—:o:—

1. See Figure II. (*c*) (*e*)

2. The knees to be kept quite stiff throughout the movement.

3. See Figure X.

4. See Note **4** in Table V.

5. Head to be kept well back.

6. See Figure V.



Fig. 10.

7. See Table III., Note **6**, and Figure VI.

10. Hands to be turned before being raised, and again before sinking.

TABLE X.

—:o:—

1. Left foot forward, and arms upward—**STRETCH**! Arms and feet—**CHANGE**! **1**! **2**! Arms and feet in position—**PLACE**!

2. Feet close and arms forward—**BEND**! Trunk backward—**BEND**! Arms—**FLING**! Arms—**BEND**! Trunk upward—**RAISE**! Trunk forward—**BEND**! Arms—**FLING**! Trunk upward—**RAISE**! **POSITION**!

3. Right arm upward, left arm forward—**STRETCH**! Arms—**CHANGE**! Arms downward—**STRETCH**!

4. Hips firm and heels—**RAISE**! Knees outward—**BEND**! Arms outward—**STRETCH**! Knees—**STRETCH**! **POSITION**!

5. Arms forward and upward—**SWING**! Arm parting One! Two! Arms forward and downward—**SWING**!

6. Hips firm and feet sideways—**PLACE**! Trunk to the left—**BEND**! Trunk upward—**RAISE**! Repeat to the right. **POSITION**!

7. Half knee-standing position—**PLACE**! Hands—**SHELTER**! Trunk backward—**BEND**! Trunk upward—**RAISE**! Hips—**FIRM**! Feet—**CHANGE**! Trunk backward—**BEND**! Trunk upward—**RAISE**! Standing position—**PLACE**!

8. Hips **FIRM**! With one step start, forward—**LEAP**! **POSITION**!

9. Marching and running.

10. Slow arm raising with heel raising and knee bending, counting to four, One! Two! Three! Four!

NOTES.

—:o:—

1. Foot placed on "two."

2. On "Position" drop arms to sides, and open feet.

3. See Figure I.

4. Arms sink on "Position."

5. See Note 5 in Table III.

6. Hands placed on "two." Feet fixed while trunk-bending.



Fig. 11.

7. Kneel first on left knee. Fingers meet over-head to form an arch.

8. See Notes on leaping.

TABLE XI.

—:o:—

1. Neck—**REST**! Foot placing forward, outward, and sideways counting to six; left foot—**BEGIN**! Repeat with right foot. **POSITION**!

2. Arms upward bend and left foot forward—**PLACE**! Trunk backward—**BEND**! Quick arm stretching One! Two! Trunk upward—**RAISE**! Feet—**CHANGE**! Repeat movement. **POSITION**!

3. Ones arms upward, twos arms outward—**STRETCH**! Arms—**CHANGE**! Arms downward—**STRETCH**!

4. Hips firm and left foot outward—**PLACE**! Heels—**RAISE**! Knees—**BEND**! Knees—**STRETCH**! Heels—**SINK**! Feet—**CHANGE**! Repeat movement. **POSITION**!

5. Arm swinging forward-upward and forward-outward to Seven—**BEGIN**!

6. Right arm upward, left arm downward—**STRETCH**! Trunk to the left—**BEND**! Trunk upward—**RAISE**! Arms—**CHANGE**! Repeat to right. Arms downward—**STRETCH**!

7. Arms upward bend and feet sideways—**PLACE**! Trunk to the left—**TURN**! Quick arm stretching upward One! Two! Trunk forward and to the right—**TURN**! Repeat arm stretching One! Two! Trunk forward—**TURN**! Arms and feet in position—**PLACE**!

8. Hips—**FIRM**! With two steps start forward—**LEAP**! **POSITION**!

9. Marching and running.

10. Slow arm raising to four.

NOTES.

—:o:—

1. See Figure II.

2. See Table IX. Note 2. Also Figure XI.

4. Body kept erect.

5. For "Outward" turn hands at level of shoulder while arms are parallel.

6. Arms to be kept rigid during trunk-bending.



Fig. 12.

7. Arms bend on "two."

8. See notes on leaping.

TABLE XII.

—:o:—

1. Arms sideways stretch and left foot sideways in pass-position—**PLACE!** Arms and feet--**CHANGE! POSITION!**
2. Left foot forward and arms upward--**STRETCH!** Trunk backward--**BEND!** Quick arm stretching One! Two! Trunk upward--**RAISE!** Arms and feet —**CHANGE!** Trunk backward--**BEND!** Quick arm stretching One! Two! Trunk upward--**RAISE!** Hips--**FIRM!** Trunk forward--**BEND!** Trunk upward--**RAISE! POSITION!**
3. Arm stretching backward, upward, forward, outward, and downward counting to ten--**STRETCH!**
4. Hips--**FIRM!** Width jumping--**BEGIN!** Attention--**HALT!** One! Two! **POSITION!**
5. Arms sideways--**STRETCH!** Hands--**TURN!** Quick arm lifting and parting with heel raising One! Two! Arms downward--**STRETCH!**
6. Feet--**CLOSE!** Right arm upward, left arm downward--**STRETCH!** Trunk to the left--**BEND!** Trunk upward--**RAISE!** Arms--**CHANGE!** Repeat movement to right. **POSITION!**
7. Prone-falling position--**PLACE!** Standing position--**PLACE!**
8. Leap on the spot and turning to the left--**LEAP!**
9. Marching and running.
10. Slow arm raising to three; One! Two! Three!

NOTES.

—:o:—

1. See Figure XII.

2. See Figure XI.

3. See Table V., Note 3.

4. Spring lightly on tiptoes, taking care not to dance out of position.



Fig. 13.

6. See Table XI., Note 6.

7. No part of the body to touch the ground except hands and toes.

10. Raise arms forward and upward on "One;" sink outward to level of shoulders on "Two;" turn hands and sink to sides on "Three."

TABLE XIII.

—:o:—

1. Neck--REST ! Foot placing forward, outward, and sideways with heel raising, left foot--BEGIN ! Repeat with right foot. POSITION !

2. (*a*) Neck rest and left foot outward—PLACE ! Trunk backward--BEND! Trunk upward–RAISE ! Feet --CHANGE ! Repeat movement. POSITION !

(*b*) Hips—FIRM ! Head to the left—TURN ! Head backward—BEND ! Upward--RAISE ! Head forward--BEND ! Upward--RAISE ! Head forward and to the right--TURN, and repeat.

3. Right arm sideways, left arm forward--STRETCH ! Arms–CHANGE! Arms downward–STRETCH!

4. Quick heel raising and knee bending with arm raising counting to four--BEGIN !

5. Double arm stretching backward combined with arm bending and flinging, counting to twelve—BEGIN !

6. Ones right arm, twos left arm upward--STRETCH ! To the side--BEND ! Trunk upward--RAISE ! Arms--CHANGE ! Repeat. POSITION !

7. Hips firm and half to the left--FACE ! Right foot forward in pass-position--PLACE ! Feet--CHANGE ! One ! Two ! Three ! POSITION !

8. With arm stretching upward, LEAP !

9. Marching and running.

10. Slow arm raising with heel raising and knee bending to four ; One ! Two ! Three ! Four !

NOTES.

—:o:—

1. See Figure II. The balance to be evenly maintained throughout.

2. (*a*) Feet fixed and knees stiff while trunk bending.
 (*b*) Shoulders kept square to the front.

3. See Figure I. for arm sideways.
 See Figure XIV. for arm forward.

5. See Table IX., Note 5.

6. See Table XI., Note 6.

7. In this pass-position a straight line should be traced from the head to the back heel—the chest being forward over the front knee.

8. Arms brought to shoulders on "One" and stretched on "Three."

TABLE XIV.

—:o:—

1. Arms upward stretch and a step forward--MARCH! Arms downward stretch and a step backward--MARCH!
2. Arms upward stretch and feet sideways--PLACE! Trunk forward--BEND! Downward--BEND! Forward and upward--RAISE! Trunk backward--BEND! Trunk upward--RAISE! Arms and feet in position--PLACE!
3. Double arm stretching forward, upward, outward, and downward, counting to sixteen--STRETCH!
4. Hips-FIRM! Left knee upward--BEND! Feet--CHANGE! Hands and feet in position--PLACE!
5. Arms forward--BEND! Arms fling and left foot forward in pass position--PLACE! Arms and feet--CHANGE! Arms and feet in position--PLACE!
6. Arms upward--STRETCH! Trunk to the left--BEND! Trunk upward--RAISE! Trunk to the right--BEND! Trunk upward--RAISE! Arms downward--STRETCH!
7. Arms forward bend and feet sideways--PLACE! Trunk to the left--TURN! Trunk backward--BEND! Trunk upward--RAISE! Trunk forward and to the right--TURN! Backward--BEND! Upward--RAISE! Forward--TURN! Arms and feet in position--PLACE!
8. Hips firm and left foot forward outward--PLACE! Heels--RAISE! Dance step--BEGIN! Attention--HALT! Hands and feet in position--PLACE!
9. Marching and running.
10. Quick arm raising with heel raising and knee bending to four.

NOTES.

—:o:—

1. Second step marked.

2. In trunk bending downward fingers to touch the floor, knees stiff throughout, and arms close to head.



Fig. 14.

3. See Table V., Note 3.

4. See Figure XIII.

5. See Table XIII., Note 7.

6. Arms to remain close to head while side bending. Feet fixed.

7. See Table III., Note 6. Trunk turnings and bendings to be taken in slow time.

TABLE XV.

—:o:—

1. Arms sideways--**STRETCH**! Wrist turning with tiptoe raising, left foot--**BEGIN**! Attention--**HALT**! One! Two! Arms downward--**STRETCH**!

2. Arms upward stretch and feet sideways--**PLACE**! Trunk forward--**BEND**! Arms--**SINK**! Arms--**LIFT**! Repeat, One! Two! Trunk upward--**RAISE**! Neck--**REST**! Trunk backward--**BEND**! Trunk upward--**RAISE**! Arms and feet in position--**PLACE**!

3. Double arm stretching upward, outward, forward, and downward, counting to sixteen--**STRETCH**!

4. Hips firm and feet sideways--**PLACE**! Heels--**RAISE**! Alternate knee bending counting to four (or two). **POSITION**!

5. Arms forward--**BEND**! Arms outward fling and left foot backward in pass position--**PLACE**! Arm bending and flinging in one time; One! Two! Arms and feet—**CHANGE**!

6. Neck rest and left foot outward—**PLACE**! Trunk to the left--**TURN**! Trunk to the left—**BEND**! Upward--**RAISE**! Forward--**TURN**! Feet--**CHANGE**! Repeat movement. **POSITION**!

7. Arms upward bend and half to the right—**FACE**! Right arm upward stretch, and right foot forward in pass-position -- **PLACE**! Arms and feet -- **CHANGE**! Arms and feet in position--**PLACE**!

8. Thrusting out arms on the spot--**LEAP**!

9. Marching and running.

10. Slow arm raising with heel raising and knee bending—One! Two! Three! Four.

NOTES.

—:o:—

2. Arms sink to level of shoulders only. See Figure XIV.



Fig. 15.

5. See Table XIII., Note **7**.

6. See Table III., Note **6**; also previous tables.

7. See Figure XV. and Table XIII., Note **7**. Line of arms to be parallel with line of feet. Palms of hands facing the ground.

8. Arms raised to level of shoulder on "Three" and dropped on "Four."

TABLE XVI.

—:o:—

1. Hips—FIRM ! Foot placing forward, outward and sideways with heel raising and knee bending; left foot —BEGIN ! Repeat with right foot. POSITION!

2. Trunk bending backward with support. Ones left foot backward in pass-position, with chain support ; twos arms upward--STRETCH ! Trunk backward--BEND! Trunk upward--RAISE ! Places--CHANGE! Repeat movement.

3. Arm stretching with marching, counting to eight--MARCH !

4. (*a*) Arms outward--STRETCH ! Heels—RAISE ! Knees outward--BEND! Hands—TURN ! Arm lifting and parting--ONE ! TWO ! Knees—STRETCH ! POSITION !
(*b*) Hips firm and left foot sideways—PLACE ! Heels --RAISE ! Right knee--BEND ! Dance step—BEGIN ! Attention--HALT ! One ! Two !

5. Arms forward-upward swing and left foot backward in pass-position--PLACE ! Arms and feet—CHANGE ! POSITION !

6. Arms outward--STRETCH ! Side bending One ! Two ! Three ! Four ! POSITION !

7. Prone-falling position--PLACE ! Arms--BEND ! Arms—STRETCH! Standing position--PLACE!

8. (*a*) Leap with three steps start, forward--RUN !
(*b*) To change places--LEAP !

9. Marching and running.

10. Slow arm raising with trunk turning; One ! Two ! Three ! Four !

NOTES.

—:o:—

1. The step marked each time the foot returns to "position." See Figure II. and Table XIII., Note **1**.

3. Arms upward and a step forward.
 „ outward „ to the left.
 „ forward „ backward.
 „ downward „ to the right.

4. (*a*) On "Position!" hands turn and drop to sides as heels sink.

5. See Table XIII., Note **7**. Also Table III., Note **5**.

6. Or, ones to the right and twos to the left bend!

7. See Table XII., Note **7**.

8. See Notes on Leaping.

TABLE XVII.

—:o:—

March in. Number off in Ones and Twos! Left—**TURN**! Open Files twice—Ones to right and Twos to left—**MARCH**!

I. (*a*) Left foot forward and arms upward—**STRETCH**! Arms and feet—**CHANGE**! **POSITION**!

(*b*) Neck—**REST**! Foot placing with heel raising and knee-bending.

II. (*a*) Form four deep. Ones left foot backward in pass-position, and chain support, Twos arms upward—**STRETCH**! Twos trunk backward—**BEND**! Upward—**RAISE**! Ones and Twos—**CHANGE**! Repeat the same movement and then return to places.

(*b*) Arms forward bend and feet sideways—**PLACE**! Trunk forward—**BEND**! Arms—**FLING**! Trunk upward—**RAISE**! **POSITION**!

(*c*) Ones to the left, Twos to the right—**FACE**! Left foot forward and right arm upward—**STRETCH**! Trunk backward—**BEND**! Trunk upward—**RAISE**! Arms and feet—**CHANGE**! Repeat same movement.

III. (*a*) Arm-stretching upward, outward, forward, and downward, counting to eight.

(*b*) Left foot and left arm sideways, and right arm upward—**STRETCH**! Arms and feet—**CHANGE**! **POSITION**!

TABLE XVII.—*Continued.*

(*c*) Feet sideways place and arms upward and sideways—STRETCH! (counting to eight.)

IV. (*a*) Hips — FIRM! Width jumping — BEGIN! Attention—HALT! One! Two!

(*b*) Ones neck rest, Twos hips—FIRM! Heels—RAISE! Knees outward—BEND! Hands—CHANGE! Knees—STRETCH! POSITION!

(*c*) Heels raise and hips—FIRM! Knees outward—BEND! Arm stretching upward and sideways, counting to four; knees–STRETCH! POSITION!

V. (*a*) Arm stretching backward combined with swinging and flinging counting to six.

(*b*) Arms forward—BEND! Arms fling and left foot forward in pass-position—PLACE! Arms and feet —CHANGE! POSITION!

(*c*) Arm swinging forward upward and forward outward, counting to seven.

VI. (*a*) Hips firm and feet sideways—PLACE! Trunk to the left—TURN! Trunk backward—BEND! Upward—RAISE! Forward and to the right—TURN! Repeat same movement.

(*b*) Ones to the left, Twos to the right –FACE! Prone-falling position—PLACE! Right hand hip—FIRM! REST! Left hand hip—FIRM! REST! POSITION!

TABLE XVII.—*Continued.*

VII. (*a*) Hips firm and half to the left—**FACE**! Left foot forward in pass-position—**PLACE**! **CHANGE**! One! Two! Three! **POSITION**!

(*b*) Ones right, Twos left arm upward—**STRETCH**! Trunk to the side—**BEND**! Upward—**RAISE**! Arms—**CHANGE**! Repeat the movement.

VIII. (*a*) Preparation for leap.

(*b*) Simple leap on the spot.

(*c*) Leap with one step start.

(*d*) Leap with two steps start.

(*e*) Leap to change places.

IX. (*a*) Counter march inward, marking third step.

„ „ outward, with arm-flinging.

(*b*) Company march (from twos to eights).

(*c*) Double cross-march.

(*d*) Angle step.

(*e*) Maze; running; change to marching; tiptoe march; march with long and short steps; right or left-about march; march forward.

X. (*a*) Slow arm raising, with heel raising and knee bending, counting to four.

TABLE XVIII.

—:o:—

I. (*a*) Arms sideways stretch and feet sideways—**PLACE**! Hands—**TURN**! Arm lifting with heel raising—**ONE**! **TWO**! **POSITION**!

(*b*) Hips firm and half to the left—**FACE**! Left foot forward in pass-position—**PLACE**! **CHANGE**! One! Two! Three! **POSITION**!

II. (*a*) Arms forward bend and feet sideways—**PLACE**! Trunk backward—**BEND**! Arms—**FLING**! Trunk upward—**RAISE**! Hips—**FIRM**! Trunk forward—**BEND**! Head turning to three; trunk upward—**RAISE**! **POSITION**!

(*b*) Close files and outward face—**MARCH**! Ones left foot backward in pass-position and chain support, Twos arms upward—**STRETCH**! Twos trunk backward — **BEND**! Trunk upward — **RAISE**! Places—**CHANGE**! Repeat movement and return to places.

III. (*a*) Arm stretching, counting to eight.

(*b*) Arms forward-upward swing, and left foot backward in pass-position—**PLACE**! Arm parting—**ONE**! **TWO**! Arms and feet—**CHANGE**! **POSITION.**

(*c*) Right arm upward, left arm sideways—**STRETCH**! Arms—**CHANGE**! **POSITION**!

TABLE XVIII.—*Continued.*

IV. (*a*) Quick heel-raising and knee-bending with arm raising to four.

(*b*) Hips firm and left foot sideways—**PLACE**! Heels—**RAISE**! Right knee—**BEND**! Dance step sideways—**BEGIN**!

(*c*) Hips—**FIRM**! Left knee upward—**BEND**! Feet—**CHANGE**! **POSITION**!

V. (*a*) Arms forward-upward swing and heels—**RAISE**! Arms (to the level of shoulder) sink and knees—**BEND**! Arms raise and knees—**STRETCH**! **POSITION**!

(*b*) Arm stretching backward, combined with arm bending and flinging, counting to six.

VI. (*a*) Twos a step forward—**MARCH**! Ones and Twos inward—**FACE**! All hips firm, and Ones left foot backward in pass-position—**PLACE**! Support—**GIVE**! Twos trunk backward—**BEND**! Trunk upward—**RAISE**! Places—**CHANGE**! Repeat movement and return to places. (See Fig. XVI.)

(*b*) Arms upward-stretch and feet sideways—**PLACE**! Trunk forward and downward—**BEND**! Forward and upward—**RAISE**! **POSITION**!

TABLE XVIII.—*Continued.*

VII. (*a*) Half to the left—**TURN**! Neck rest and left foot forward—**PLACE**! Trunk to the left—**BEND**! Trunk upward—**RAISE**! Feet—**CHANGE** (to three)! Repeat, and return to places.

(*b*) Prone-falling position—**PLACE**! Standing position—**PLACE**!

VIII. (*a*) Preparation for leap.

(*b*) Simple leap on spot.

(*c*) Leap with one step start.

(*d*) Leap with two steps start, and, turning to the left.

(*e*) Leap to change places.

IX. (*a*) Simple marching.

(*b*) Tiptoe marching.

(*c*) Marching with arm-stretching.

(*d*) Company march.

(*e*) Circle and maze.

(*f*) Heel and toe march.

(*g*) Cross march, with arm-raising, heel-raising, and knee-bending.

(*h*) Leap over hands.

(*i*) March forward.



Fig. 16.



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